

# The Navigator

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## Why do People Blog?

Blogging is powerful form of self-expression. A blog can be an expressive medium that can contain images, words, and sounds. A successful blogger gains a wide audience of people who trust and respect them. The power of a blog can educate, inspire, and bring like-minded people together and makes blogging a great way to help people.

This is especially true of parents of children with special health care needs that blog. It can be a way of stress relief, a way to connect with other parents in similar circumstances as yourself and a way to share your story.

Reading someone's blog can also be a useful tool. You may find answers to tough questions, gain support from another parent and confirm you are not alone in this journey of raising a child with a special health care need.

*"Almost every time I share a post on social media people take the time to read, comment and connect. We all know that becoming parents often leads to less time to connect with the people we care about. Writing a blog has become a way to keep the people we don't see as often as we'd like up to updated on what's happening in our life. And it's become a vehicle to connect with people I wouldn't have otherwise met. Knowing there are so many people in our corner also helps make the tough days pass by a little easier. Sharing our story isn't always easy. There are times when I struggle with posts, where I'm not sure what to share or, like every parent out there, need more time to get things done. But is it worth it? Absolutely. Every single word." ~from mommy blogger, Anchel Krishna*

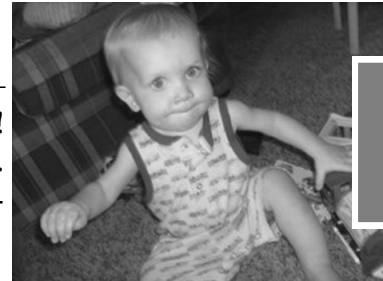
To blog =  
To share  
To connect  
To create  
To inspire

## Where Popcorn Leads Me...

Today was a rough day. It began pretty decent, work was a little stressful, some funny stuff regarding pork roasts on a sidewalk happened in between, then it was home for supper, a couple-mile run, canning salsa and getting my discussion ready for tomorrow night's first "Led by the Spirit" meeting at our church...also led by me, funnily enough.

I decided to get going on George's Cub Scout popcorn sales, because the deadline for signing up for the website is tomorrow. (Yeah, I plan ahead like that.)

I was perusing the site when I stumbled across a few cool things – like Cub Scouts that sell enough popcorn can earn a scholarship! And that popcorn sales online get shipped directly to the customer. And a large chunk of the money from the sales go to local programming. All very cool. And then it hit me – scholarship. College. Life.



I've been so busy worrying about today, that I've somehow forgotten that I need to plan for George's tomorrow. And then other thoughts started invading my head. Like do we give back the money if George doesn't make it? Does it qualify for any further education? Even if it's special needs? How do you even deal with that?

The point being that I used to get involved in these types of things and not even think twice about the meaning behind them. I would plan every day as if they were the same. Yet, nothing is further from the truth.

Yep. This pretty well sums him up.



George is here. He's making a splash in first grade and we'll have check-ups at Mayo in November. And I'm going to let him grow up, and make plans – and sell Cub Scout popcorn. And we'll aim for the scholarship. And wait for the future. And plan. Including a plan for Christmas that will knock his socks off! (Can't wait to share, but it's a surprise!)

So I ended the night with a few tears – because my baby is growing up, even when they told me he probably wouldn't.

What will his Eagle Scout project be? How about living?

If you'd like some Cub Scout popcorn, here's George's link: <http://trails-end.com/?scout=e4376c03c8bbada>

Don't worry if it says "Eli"...that's his real name. George is just my nickname for him on here, and his dad's nickname for him all the time. And if you do order, I'll have George send you a real life thank-you.

Written by Val— Want to learn more? Come along and learn about farming, about food, about life. I'm a mommy of four boys, rocking the rural life...I'm not JUST a mommy blogger, but a farmmy blogger! We'll share some recipes, share some stories, share some advice and share some laughs. We're a farm in southeast North Dakota. Website: <http://wagfarms.wordpress.com> or Email: [wagntales@gmail.com](mailto:wagntales@gmail.com)

## Family Voices Empowering Parent Leaders as Advocates Project Call for Applicants — Deadline: COB February 29, 2016

Greetings families!

Through grant funding from the North Dakota State Council of Developmental Disabilities, Family Voices of North Dakota is able to offer and expand their past Parent Leadership Institute to the newly named Empowering Parent Leaders as Advocates Project and we are inviting you to attend!

Is this for you? Well, first of all let me say this....YES! Yes, because as families, we need to be able to first speak on behalf of our own children, and second because there are many issues we as families face on behalf of our children. So in my opinion, yes....**YOUR VOICES COUNT AND ARE MEANINGFUL.** We want to provide you with the tools to expand where you are currently and become a united voice with other families to work toward a common good for all.

The Empowering Parent Leaders as Advocates Project will bring together 25 to 30 family members of individuals with developmental disabilities from across the state of North Dakota. Over the course of one year, the project has six conference calls and stretch assignments that explore but are not limited to resources offered by both the public and private sector of services, personal leadership growth, family-centered care, cultural competency, advocacy, legislative process, two day in-person retreat, mentoring by other family advocates, and contact with a legislature from your area of the state.

All applicants commit to carrying out the program. In return, they receive systems education, personal leadership growth, development and opportunities to exercise advocacy skills within the community of which they choose, and recognition of graduating from Empowering Parent Leaders as Advocates Project.

Expenses such as food, travel and hotel costs of for the two day retreat will be covered for you. This training opportunity will start the week of March 21, 2016. All applicants will be contacted by phone by March 7th.

The weekend retreat will be held June 10th, 11th & 12th in Edgeley, North Dakota. You may register yourself, or if you would like your spouse or significant other to attend with you, please indicate this in the application.

Below is a link to the application. Feel free to contact Family Voices of ND staff with any questions at 1-888-522-9654 or [fvnd@drtel.net](mailto:fvnd@drtel.net) with any questions you may have.

Link to apply: <https://www.surveymonkey.com/s/656JH5Z>



## Benefits of a Medical Home

**The Medical Home Concept:** In 1967, the term “medical home” was initially used to describe a place to keep all the medical records regarding a patient. Since that time, the term has evolved to include the words “patient centered medical home.” Now, a patient centered medical home (PCMH) is so much more than just a place to keep a child’s medical records. In 1992, the American Academy of Pediatrics decided medical care of infants, children and teenagers should be accessible, continuous, comprehensive, family centered, coordinated, and compassionate. This is the foundation of what a medical home should be (Sia, Tonniges, Osterhus & Taba, 2004). Initially, only physicians could provide a medical home to your child. This has also changed through the years. Physicians, Physician Assistants (PA) and Nurse Practitioners (NP) can coordinate and provide the care your child needs in a patient centered medical home (Nurse Practitioners in the PCMH, 2015).

**Pieces of a Medical Home:** There are several pieces that are crucial to your child’s medical home. First, your child is to have a personal provider that coordinates their care. You and your child are to have an ongoing relationship with your primary provider (physician, PA or NP) who is your first contact that will provide you with continuous and full comprehensive care. Your provider is to lead your child’s highly skilled care team. Who is on this care team varies based upon who else is needed to care for your child’s conditions and may include individuals such as nurses, counselors, pharmacists or other specialists. Also, your provider should have excellent communication abilities to be able to promote a team approach while meeting your child’s needs when they are acutely sick, chronically ill in addition to their preventative cares. While caring for your child, your provider should be able to view your child as a whole person and how their condition affects them as a whole. For example, how their condition affects their emotional well-being in addition to their home, school, and social life. This care is to be integrated and woven into your community to include any specialists, home health providers or community based services your child may need in order to promote comprehensive care. Your ability to reach your child’s provider will be easier in a PCMH. In a medical home, you have increased access to your provider with increased scheduling hours, same day appointments and other creative options to be able to communicate with your provider and care team. All of this brings the featuring characteristics of a medical home: safe, high quality, comprehensive care (Carver & Jessie, 2011).

**What this Means for Your Child:** There are many variations among medical homes. It is important to ask what features your medical home offers and how this can serve your child. Also ask if your medical home has a medical home certification. The National Committee for Quality Assurance offers medical home certifications to those that apply for the certification and show they have a health care delivery system consistent with their standards. There are plenty of excellent medical homes that are not certified. There are many benefits for your child when they are part of a medical home. Your child, with special health care needs, can be connected with additional services to address their needs. Your child will also receive continuous screenings to pick up on any additional issues that may delay their development (Sia et al., 2004). Your care team will manage care with other medical personnel as well as fill in any gaps with your child’s health, education, community or family support (Zickafoose & Davis, 2013). Some frustrations that you get to leave behind when you become part of a medical home include long waits for short appointments, office staff who can’t answer your questions, no guidance between visits, and the “middle man” (you can communicate directly with your provider). Being part of a medical home can decrease some of your frustrations, frustrations that a parents shouldn’t have to deal with .

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## Benefits of a Medical Home...Continued

**What You Can Do To Help:** Perhaps your child is already in a medical home. Or perhaps you think your child could benefit from a medical home. Either way, if your child is in a medical home, what can you do to help your team? You and your child can be an active team player. Be sure to talk to your team about your health questions. This includes sharing about your successes and challenges. Also, make sure to tell your team about any other health care professionals that are caring for your child. Help your child take care of their health. Make sure your child is following the health care plan you and your team have figured out. This includes making goals your child can reach. If your child is having difficulty with the care plan, talk openly with your team. Be sure to tell your team how you and your child feel about the care you are getting from them. When you and your child communicate with your team about an issue, you can work together to make needed changes (Patient-Centered Medical Home, 2012).

**Conclusion:** A patient centered medical home enhances the medical care provided to your child and your family. The care provided to your child is tailored specifically for them and includes coordination of services not typically found outside of a medical home. It is important, however, that families work together with their care team to help provide high quality care for their child.

Article submitted by: Amanda Lausch MSN, APRN, FNP-BC



### **Our Mission:**

*Family Voices of North Dakota (FVND) aims to achieve family-centered care for all children and youth with special health care needs and/or disabilities. Through our national network, Family Voices provides families tools to make informed decisions, advocates for improved public and private policies, builds partnerships among professionals and families and serves as a trusted resource on health care.*

### **Our Vision:**

*Every child and youth with special needs receives family-centered care.*

### **Board of Directors**

**Heather Wheeler**  
President, Williston

**Carl Young**  
Vice President, Garrison

**Alyce Wiemken**  
Secretary, Fargo

**Roxanne Wright**  
Treasurer, Bismarck

**Tammy DeSautel**  
Member at large, Fargo

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**Amanda Lausch**  
Member at large, Jamestown

**Aleja-Laura Larson**  
Member at large, Menoken

**Deb Schlieff**  
Member at large, Grand Forks

**Janelle Griggs**  
Member at large, Fargo



## Annie's House

Annie's House at Bottineau Winter Park is a year round adaptive recreational facility, located in North Dakota's scenic Turtle Mountains. Built to honor Ann Nicole Nelson, a Stanley, ND native who perished in the 9/11 attacks, this facility is an inclusive place for family and friends to enjoy all Bottineau has to offer. Since 2013, Anne Carlsen Center and Bottineau Winter Park have been working together to nurture abilities and change lives, through outdoor adventure!

Activities include hiking, fishing, and archery, among many others. Now that winter is here the main focus is adaptive skiing. The instructors are certified through the Professional Ski Instructors of America, and can accommodate all ages and abilities. Besides the specially trained instructors, Annie's offers modifications and adaptive equipment to help ensure that every person's experience is successful. Annie's House is grateful that these experiences at no charge to the participant.

Please come visit Annie's House at Bottineau Winter Park! If you would like more information about Annie's House and getting signed up for a recreational activity, please contact Rachael Buss, Program Coordinator at Annie's House; Phone: 701-263-4556 or Email: [rachael.buss@annecenter.org](mailto:rachael.buss@annecenter.org)



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## Lekotek Play Sessions

The mission of this program is to make the world of play accessible to ALL children, especially those who have disabilities or special needs. Toys and play empower children to reach their potential and increase inclusion within their family and community. To facilitate this mission, Anne Carlsen has started offering family play sessions. Families will meet with a Lekotek Play Specialist on how to make play accessible for your child. All family members including parents, grandparents, and siblings are welcome and encouraged to attend. Toys for each session are chosen specifically to meet the developmental needs of your child. Another great feature of the Lekotek program is the Toy Lending Library. This allows each family to take home up to five toys each month that are specific to your child's needs and abilities. Not only do you play at Lekotek you get to take it home!

There are several aspects that make Lekotek play sessions unique and beneficial for your child. Play Specialists facilitate the session however the child is the leader of the session. By allowing your child to lead the play experience he or she is able to have an element of control and this helps to build self-esteem and courage. Our play sessions also focus on inclusion of the entire which encourages family communication, collaboration, and bonding.

Membership in the program includes monthly one-hour play sessions with a Lekotek Specialist and access to up to five toys a month through the toy lending library. Families can choose to pay an annual fee of \$360 or set up monthly payments of \$30. Anne Carlson Center scholarships are available for those that may need financial assistance.



If you would like more information about the program, philosophy or registration information, please contact Barb Delohery, Lekotek Specialist, at Anne Carlsen in Grand Forks; 701-317-1225 or Email: [Barb.delohery@annecenter.org](mailto:Barb.delohery@annecenter.org).

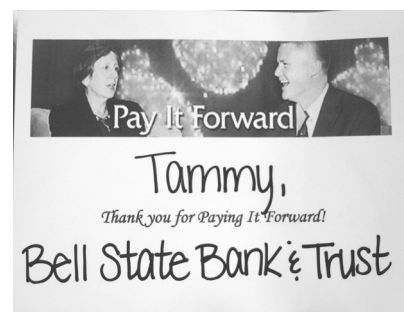
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## Pay it Forward

Bell State Bank has a Community Connect Pay it Forward program that allows their employees to designate someone to donate \$1000.00 to a cause of their choice. Johanna Himes who works at the Fargo Bell State Bank location in Human Resources chose Tammy DeSautel as her community member. Tammy DeSautel is a board member for Family Voices of North Dakota (FVND) and decided to donate \$1000.00 to the organization. Tammy said it was an easy decision as she has been a board member since FVND was established. She has had the pleasure of watching FVND grow and to see the difference it has made to so many families across the state. Tammy said, “I am very grateful to have the opportunity that Johanna provided so that I can donate such a sizable donation to Family Voices. I would not have been able to make a donation like this on my own.”



THANK YOU!



## Public Vs. Private Health Insurance

Public health insurance is insurance that is subsidized or paid for entirely by public (government) funds.

Private health insurance is paid for in part or entirely by the individuals being covered. Several different public options are available in each state, but strict eligibility requirements exist. Private health insurance can be offered through an employer or can be purchased by individuals and Family Voices has trained navigators that can assist you. Cost and services covered vary greatly by region, company and plan. Plans may reimburse you for the cost of health care services after you receive them or may require you to go to participating providers, who bill them directly. Your plan may cover all of your costs or may require you to contribute a co-payment with each service.

Medicaid is public health insurance administered by states, combining state and federal funds for eligible individuals and families. Each state determines eligibility guidelines such as income, family size, disabilities, pregnancy status and immigration status. States also determine the coverage provided and the cost to participants (if any).

The Children's Health Insurance Program (CHIP) is public health insurance for children and families who do not qualify for Medicaid because of income, but are unable to afford private health insurance. The program is similar to Medicaid in that states determine eligibility, coverage and participant contributions, and state and federal funds are used jointly.

Expansion of Medicaid gives more individuals the opportunity to have affordable coverage, preventive services and greater economic security in the event of accidents or illness is accessible for North Dakotans.

For assistance in researching plans and options, call us at 888-522-9654— We are here to help!

## Things a Special Needs Dad Wants you to Know

Gary Dietz, an entrepreneur and educational technology marketing professional is based in New Hampshire. Gary, dad to 16-year-old Alex, whom he describes as a "warm, funny and challenging boy who happens to have a rare genetic disorder- a 13q deletion." As a result, Alex has developmental, cognitive, physical and behavioral challenges. Gary has edited a book, "Dads of Disability, stories for, by, and about Fathers of Children That Experience Disability (and the Women Who Love Them)." Dads of Disability addresses the scarcity of material for and about the perspective of fathers whose children are living with a disability. The collection is focused on fathers, but readers have noted how useful these stories are for all parents and caregivers.



These are some things Gary wishes more people knew about special needs dads like himself;

### 1. Dads like to be invited, too

Please don't assume a child can't attend a birthday party or playground get-together because a woman isn't available to accompany the child. If the dad is single, invite him even if he is the only dad coming in a group of moms. An involved dad of a child with special needs is used to being one of the few men in attendance.

### 2. Sometimes men cry

I may well up once in a while for reasons that may not seem all that clear or reasonable. Yes, I'm macho and manly. But I'm also human. If I take a call at work from my child's caregiver and she lets me know that my son just got on his therapy horse for the first time after struggling for four months just to make it from the barn door to the horse, the corners of my eyes may glisten. Or if I learn that my son climbed onto the slide at the playground for the first time and I seem in shock and in tears, don't be surprised. Or if I watch your typically developing child win the spelling bee or hit a home run and I tear up, I may be mourning something for my family.

### 3. Yes, men go to their kids' doctor appointments

Be open to the fact that the Dad may even be the one that handles a majority of these appointments.

### 4. Dad's career can be unfairly impacted, just like Mom's

It's wrong when people assume that the amazing care and growth of my child was fostered exclusively by his mom. Please don't assume that I can't manage work as well as the next person because of my child's needs. Instead, marvel at the skills a hyper-organized father of a child with special needs has! We can be great managers, having learned the politics and patience of school meetings; we have sharp communication skills (you should hear us talking with the insurance companies); and we are masters of budgets, advocacy and diplomacy.

### 5. We are interested in *your* children, too

Don't assume I don't want to hear about your child's achievements because you think you may make me upset or jealous. I'm interested- Just do one thing- Show as much authentic excitement about my son's achievements as I show you about your child's achievements. We are both proud of our children.



## Things a Special Needs Dad Wants you to Know continued...

### 6. Let's not pretend intense realities are easy on me

My son moved into a residential placement home that he entered at age 12. (He comes home on the weekends.) This was a huge change, loss and adjustment for him. But also for me, his father. The best support you can offer is empathy—an ear or a hug—and just say you can't imagine how that must feel. And let me talk (or not) about it as the situation requires.

### 7. Don't assume my son and I are gay, either

Not that being gay isn't a fine thing, but if you see an older man holding a younger man's hand, think twice before judging us. Who knows what the relationship is? I hope those who give negative stares and under-the-breath comments are or were lucky enough to have a father or father figure to hug them and hold their hands in public with as much care and love as I provide my son.

### 8. I'm not a "special needs parent" and I don't have a "special needs son"

Once, a school principal referred to me as a "special needs parent." I like to think that the depth of my character was formed both before and after I was a parent. I am much more than a parent solely concerned with special-needs issues. Likewise, when you get to know my son—when you really get to know him—his special needs can melt away and he can be funny, happy, sad, angry and all of the other things that children are. My son is my son, not my "special needs son." And make no mistake, he is amazing.

Gary's book has cracked the top 100 special needs book on Amazon. You can find Gary on Facebook and his blog at <http://blog.dadsofdisability.com/>.

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## "The Daddy Juggle" Between Work, Home, & Special Needs Children

Child development experts found a positive correlation in the link between fathers and social skills. Father-child relationships develop a lot later than mother-child relationships. This makes sense since fathers have traditionally been known as the "breadwinners" and tend to spend more time at work than with their children. The effort to find balance between fatherhood and work is known as "the daddy juggle." The idea behind "the daddy juggle" term is nothing new. Balancing work and life is not easy and at times it might involve turning down a promotion and other opportunities. These are sacrifices that many parents find difficult, but well worth it in the end. This is especially important for fathers who have children with special needs, since these children require more attention and supervision. Child development experts agree that spending time with a father or father figure can teach children vital social and life skills from their fathers that they do not learn from anyone else. These skills can improve family relationships. Research now shows that a lot of this is due to the rough-and-tumble play that fathers often provide their kids with. They like to wrestle and be more physical when they play,



and children absolutely love it. It's easy to assume that we should always be "safe" with our children and that rough play will only teach children to be aggressive or endanger them. While this is a concern, studies suggest that roughhousing actually has the opposite effect; it actually seems to decrease aggression. Even for children with special needs, time spent horse playing with their fathers teaches them about setting limits and boundaries, while being safe when they play with others. *Inspired by June 11, 2014 Wall Street Journal article by Sue Shellenbarger, Roughhousing Lessons from Dad*

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## Trunk or Treat

Fargo and Grand Forks held their annual "Trunk or Treat" events in October. The days were warmer than usual with lots of Trick or Treaters. There was no shortage of "Trunks" either! People took a lot of time to think of themes, decorate and make the trunks festive for this event. We are so appreciative for the businesses, agencies, individuals and community helpers who participated with a "Trunk" and for providing all the candy and toys. They put a lot of big smiles on a lot of little faces! Without all of you and the amazing trunks, many kids would not have had an opportunity to "trick or treat" this year.



## Care Giver Café'

The Care Giver Café trainings have begun throughout the state. Care Giver Café is a training for parents and caregivers of youth, which begins at the transition age, and includes resources, training on preparation for the future and also emergencies. This training is possible through a grant awarded by Autism Speaks to Family Voices of ND. On November 17th, a training was completed in Fargo. There were 12 participants and survey results showed the overall training went very well. Some comments were: "would like to see a part 2 to this training", "lots of interaction with others at the training" and "learned I need to plan early". A training also has been done in Minot, where there were 9 attendees. Again many overall excellent comments were given and many of the same comments including a "part 2 training". Future training dates will be out in 2016, to include Belcourt and Williston. If you would like more information on this training, or would like to sponsor a training for your group or in your area, please contact Family Voices of ND at 1-888-522-9654.

## Family Voices Hosts 3 Santa Meet and Greets!

Family Voices held nights with Santa this year in Williston, Grand Forks and Fargo. The events were fun filled with crafts, therapy dogs, snacks and of course, a visit from Santa. The Teen Night Out Christmas Party in Grand Forks also collected canned food items for St. Joseph's Food Pantry. It was a nice way for the teens to give back to the community. We hope everyone who attended our holiday events had a fun time with Santa and enjoyed spending time with those that we love and care about. We really appreciate Santa making all three stops throughout the state to support our families and loved ones. Also, Fargo would like to extend our gratitude in our partnership with Beyond Boundaries for providing the activities, therapists and lining up the therapy dogs again this year.



## Important Tips When Out in the Cold

Winter brings storms, cold weather, ice fishing, skiing, black ice, and many other things that can be fun or scary or both. Staying safe isn't always about avoiding the dangers. Instead, surviving winter is about being prepared for dangers. The following tips will give you the tools you'll need for winter survival - staying safe and sound.

**Hypothermia:** Getting too cold can get you down. Make sure you stay warm enough and learn how to recognize and treat hypothermia. Officially, hypothermia is defined as a core body temperature of less than 95 degrees Fahrenheit. There is a sliding scale of severity that a patient goes through as hypothermia progresses from mild to severe and, eventually can lead to death.

**Frostbite:** The further your blood gets from your heart, the cooler it gets. That's why toes and fingers are more likely to freeze in extremely cold weather. Early stages of frostbite look and feel just like a burn. There's swelling, blistering and redness. As frostbite progresses, the skin will eventually turn black. Frostbite is literally frozen tissues and fluids in the skin. Some discomforts from the frostbite can include; pain, numbness, tingling, loss of movement and burning sensations. Treating frostbite is a delicate warming procedure that really shouldn't be attempted without a medical professional.

**Avoiding Hypothermia:** From handling ice to understanding wind chill, follow these tips to keep warm and safe in the coldest winter weather. Adults and children should wear; a hat, a scarf or knit mask to cover face and mouth, sleeves that are snug at the wrist, mittens, water-resistant coat and boots and several layers of loose-fitting clothing. Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Do not ignore shivering. It is an important first sign that the body is losing heat.

**Extreme Cold at Home:** Making your home safe for the winter is the most important step. Make sure you are ready for the cold and the storms that bring it. ND offer the Low Income Home Energy Assistance Program helps eligible low-income families with home heating costs. The program partially pays the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources. The program also covers: Weatherization services (insulation, weather stripping around doors and windows, etc.), Furnace cleaning, repair, and replacement, Chimney cleaning and inspection and Emergency assistance. Eligibility is based on a household's income and assets to ensure help goes to those most in need. For more information and application visit- <http://www.nd.gov/dhs/services/financialhelp/energyassist.html>

**Traveling in Extreme Cold:** Traveling in extreme cold can be dangerous. You should avoid travel during extreme cold weather if at all possible. If travel is absolutely necessary, be prepared. Listen for radio or television reports of travel advisories issued by the National Weather Service. Do not travel in low visibility conditions and avoid traveling on ice-covered roads, if at all possible. If you must travel take a mobile phone with you and let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late. Check and restock the winter emergency supplies in your car before you leave.

**Staying Safe on the Ice:** Gauging the strength of ice is very difficult because the safety of ice is ever-changing. Never walk or drive on cloudy ice, only go on clear, thick ice, snow on ice acts as an insulator - it makes ice warmer and weaker and extreme cold snaps will weaken the ice, and spring ice is NEVER safe. There is no such thing as 100% safe ice. Information cited from Rod Brouhard, EMT and First Aid Expert and About Health

Donene Feist, Director

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Supporting Families who have children with special health care needs and disabilities and the providers who provide care for them.

## Giving Hearts Day

Dear Families and Providers,

Dakota Medical Foundation (DMF) and Impact Foundation have selected Family Voices of North Dakota to participate in the **2016 Giving Hearts Day**, a 24 hour online fundraising event on **Thursday, February 11, 2016**.

**With your help** Family Voices of North Dakota can raise a tremendous amount of funding to support our mission. This funding will allow us to continue to assist families of children with disabilities and chronic health conditions across North Dakota. If Family Voices of North Dakota is one of the top seven organizations to receive the **most online contributions**, we will receive **additional funding from Dakota Medical Foundation. Contributions of \$10 or more will be matched up to \$4000.**

### We Want to Thank Our Professional Partners

This newsletter is funded in part by the ND Department of Health, Children's Special Health Services, ND Dept. of Public Instruction, North Dakota State Council for Developmental Disabilities, and the Maternal and Child Health Bureau 1H84MC07992-01-00

### OUR FAMILIES NEED YOU! YOU CAN HELP US REACH THIS GOAL!

To make a secure online contribution to support **Family Voices of North Dakota** and have your donation matched, simply go to [www.impactgiveback.org](http://www.impactgiveback.org) on February 11th and click on the Giving Hearts Day "Learn More" button. Give Back with Impact! Thank You!

Check out our Giving Hearts video:

<https://animoto.com/play/vrupCNuK0FYdhU8yTxPZHg>



**Giving Hearts Day**  
[impactgiveback.org](http://impactgiveback.org)

*February 11, 2016*